

B-E-E CARING

Produced & Distributed by Carers of Epsom & Banstead
Supporting Carers in Banstead, Epsom &



JUNE 2009

Carers Week 8th - 13th June

As you can see it is Carers Week this month. We will have a stand in the Ebbisham Centre, Epsom all week to promote Carers of Epsom and highlight the work unpaid Carers do. Also on Tuesday the 9th we will be getting together with many of our members for lunch in the Haywain Pub.

After our very successful canal boat trip in May, we have arranged two more outings.

We will be going to Polesden Lacey and RHS Gardens Wisley during July.

Details and application forms for both of these trips can be found inside this newsletter.

Carers Calendar June 2009



9th June CARERS WEEK LUNCH
Haywain Pub

16th June EWELL COFFEE
Ganache Coffee Shop,
Ewell Village
11am - 1pm

24th June EVENING MEETING
The Haywain Pub, Dorking Road,
Epsom. 8pm - 10pm Meet in the
bar.

7th July BANSTEAD COFFEE
Open Door Café, All Saints Parish
Church, High Street, Banstead.
12.30-2pm

16th July POLESDEN LACEY
11-2PM
Meet there & bring or buy lunch

30th July RHS WISLEY
11.30am - 4.30pm
Enjoy the gardens & bring or buy
lunch

Coffee Breaks, Lunch meetings and outings are intended to give Carers an opportunity to get together for lively conversation, a chance to have a relaxing break, let off steam or pick up/share some useful tips.

All Carers are very welcome and a Support Worker is always available for a chat or to request information or help.

Godalming Canal Boat Trip

A huge thank you to those Carers that joined Margaret and Heidi on the Canal Boat Trip, from Godalming Wharf, last month.

I am sure everyone who went will agree that this trip was most enjoyable and very relaxing.

We were blessed with warm sunshine, and the Cream Tea topped the day off nicely!

For those of you that were unable to join us, please note there are details of two trips in July in this newsletter and keep your eyes peeled for details of forthcoming events in future newsletters.

Heidi Dendy
Carer Support Worker

WOULD YOU LIKE A HOME VISIT



Are you a sole carer, with no one to chat with on caring issues?

Do you have any caring concerns you would like to chat over with a Support Worker?

Or maybe you live alone with the person you care for and find it very difficult to get out and would enjoy a bit of company and a chat.

If you answered yes to any of the above the above, why not invite Heidi or Maria round for a cup of tea and a chat?

Heidi & Maria are very happy to make home visits so don't be shy just call

01372 722269

now and make a date, Heidi & Maria are waiting to hear from you.

CARERS OF EPSOM OFFICE HOURS

Our offices in The Parade, The Old Town Hall, Epsom are always staffed between 10 and 12 noon Monday-Friday.

Outside these hours staff are often out attending meetings or on home visits.

Please note that although we are always pleased to see our members it is not always possible to deal immediately with queries if you drop in without an appointment. You may be asked to make an appointment and come back another time particularly if you need help with completing benefit forms.

JULY OUTINGS

POLESDEN LACEY
Thursday 16th July
11am - 2pm



Why not join us at Polesden Lacey for a stroll around the house and gardens?

Come along and either buy or bring your lunch, and enjoy a complimentary cup of tea or coffee and slice of cake with us.

If you are a National Trust member please bring your membership card with you.

We intend to meet at Polesden Lacey, but if you do not have a car we will arrange a taxi, leaving from and returning to Epsom.

If you would like to join us on this day please complete and return the booking form on page 6 of this newsletter.

RHS WISLEY
THURSDAY 30th JULY
11.30am - 4.30pm



With all the gardeners amongst our membership in mind, we have planned a trip out to RHS Gardens Wisley, Ripley, Surrey.

So why not come and join us on this outing and be inspired by their gardens and, possibly, pick up some plants in the Wisley shop.

We will be travelling by mini bus from Epsom, leaving at 11.30am and returning to Epsom at approximately 4.30pm.

We are hoping for good weather so bring a packed lunch if you would like to, alternatively buy your lunch in the café there.

If you would like to join us on this trip please complete and return the booking form on page 7 of this newsletter.

There is no charge to carers for this trip.

8th - 14th June

**The theme for this year is
Carers ... the UK's secret
Service**

- The aim of Carers Week is to: recognise and celebrate the contribution that the UK's 6 million carers make to those they care for, and to their communities.
- Identify 'hidden carers' with the aim of enabling them to access support and services
- Raising awareness about the needs and role of Carers Influencing and informing opinion-formers and decision-makers, such as MPs and healthcare professionals.

To mark Carers week this year we will be having a display by the library in the Ebbisham Centre, promoting carers and the work they do. A member of "The Team" will be there for some of the time, so please do drop by and say "hello".

And to celebrate and have a little treat, we will be holding a Lunch for Carers on Tuesday 9th July.

Vouchers for Carers

Superdrug are offering vouchers to the first 1000 carers who respond. Carers can apply direct for these vouchers at www.carersweek.org/carers_page.asp?id=153

MPs

Is your MP supporting carers and Carers Week? So far almost 200 have either sent a message of support and/or signed Carers UK's parliamentary motioned which was tabled by Carers Week champion, Anne McGuire MP.

Find out whether your local MP is among those supporting Carers Week by visiting

www.carersweek.org/carers_page.asp?id=169

TAKE A BREAK

We administer this scheme to help carers get an all important break.

The scheme runs all year round and you may apply at any time.

If you haven't had a break for a while and would like help to organise a break please call us at the office and we will arrange for our Support Worker to talk through your situation with you and help you get a break.

**EPSOM & EWELL
BOROUGH COUNCIL**

**Can the
Home Services Officer
Help you or someone you
know?**

The Home Services Officer provides advice and help to individuals who may be in need of personal, medical and financial support.

What does the Home Services Officer do?

The Home Services Officer visits people in their own homes and assesses their needs, explains options available to them and assists them in getting help from the Council and other organisations.

The Home Services Officer helps clients in the 'low to moderate' need category, who are unable to get help from Social Services.

Who is eligible for help?

Any resident in the Borough of Epsom & Ewell.

Who can recommend someone for help?

Anybody can be referred to the Home Services Officer by friends, relatives, health care workers, Social Services or staff of the Council or voluntary groups.

What kind of help can be given?

Personal Help Including all the services available from Epsom & Ewell Borough Council:

- **Route Call**
- **Shophmobility and shopping services**
- **Meals on Wheels**
- **Bathing Service**
- **Community Alarm**
- **Social Centres and Luncheon Clubs**

Financial Help Advice and assistance with getting the right benefit entitlements.

Medical Help Liaising with services provided by doctors, district nurses, health visitors and hospitals.

Equipment Help Assistance in obtaining equipment from health care workers and voluntary organisations.

**For more information contact:
Community Support Team
Town Hall, The Parade,
Epsom, Surrey KT18 5BY
Tel: 01372 732000**

**PLEASE READ AND BE
VIGILANT**



We recently heard this story which we thought we should pass on.

A woman visited the toilet in John Lewis at Bluewater and hung her handbag on the back of the toilet door.

As she carried on about her business, a hand suddenly appeared over the top of the cubicle and grabbed her bag off the hook.

She immediately reported the incident to the head of security, who in turn informed the manager of the store.

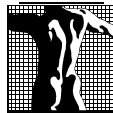
A couple of days later she had a call to say her bag had been found, without her purse. She arranged a time to go and meet the manager to collect her things.

On arriving at the John Lewis store at the agreed time, the manager was not expecting her – neither was the head of security – nothing had been found, no one had called.

When the lady got home, her house had been burgled, with no sign of Forced entry, the Police believe the thief had used her Driving Licence for the address and her keys to let themselves in.

So please be extra vigilant ladies and if you do loose your bag or keys, it is worth changing your locks immediately, just to be on the safe side.

**BACK CARE ADVISORY
SERVICE**



Our Back Care Advisory Service is open to any carer who feels that they could benefit from advice on lifting, moving and handling. We give practical advice on how to look after your back.

If you would like more information on Back Care or to make an appointment with a Back Care Advisor, please contact us on 01372 729947

**An Introduction to
Aiming High for Disabled
Children (AHDC)**

Some of you may already be aware of the Governments consultation last year, to transform disabled children's services in England. The vision behind "Aiming High for Disabled Children" is for all families with disabled children to have the support they need by providing more money to existing children's services and funding for new extensive services.

There are three priority areas:

1. Access and Empowerment

Services to become more accessible and for families to be actively involved in the planning and delivery.

2. Responsive Services and Timely Support

For all professionals to be responsible for planning services for children and young people, particularly at key life stages such as the early years and in transition to adulthood.

3. Improving quality and capacity

Significant new funding allocated to the services families want and need, in particular short break services.

In brief, over the next 3 years, as the programme reforms take effect, AHDC will enable disabled children to have the same opportunities to develop and fulfil their potential as all other children. In addition, families will receive the support they need, when they need it.

From 2008 to 2011, the funding will be allocated as follows:

1. £370 million for short breaks
2. £35 million for childcare
3. £19 million for transition support (improvement in services as children become adults).
4. £5 million for forums so that parents can have a choice on how services can be improved.

If you would like further information on this programme, please contact Heidi at the office or visit

www.everychildmatters.gov.uk/ahdc

Alternatively, any comments, questions and suggestions may be forwarded to the AHDC team at ahdc.implementation@dcsf.gsi.gov.uk

NHS Charges Increase

Update from Surrey Welfare Rights Unit

From 1st April 2009 prescriptions rose from £7.10 to £7.20.

From 6 April 2009 Tax Credits recipients will be entitled to full help with NHS costs if their income is below £15,276 per annum.

From 7 April 2009 the capital limits to get help with NHS costs under the low income scheme for care home residents have increased. The lower limit has increased from £13,500 to £14,000 and the upper limit from £22,250 to £23,000.

Deaf PLUS

The Mobile Advisory Service will be at the following venues to give advice and information on all aspects of hearing loss.

12th June

10.30am-12.30pm

Longmead Day Centre, Sefton Road Epsom

2pm - 4pm

**Bourne Hall Car Park
Spring Street, Ewell.**

30th June

10.30am-12.30pm

**Banstead Day Centre,
The Horseshoe, Banstead**

Good News for Pensioners

Once Pension Credit has been awarded it is usually fixed for an assessed income period of up to 5 years, which means payments will only change in certain circumstances, such as moving in with a partner.

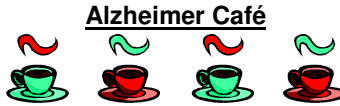
From 6 April 2009 Pension Credit legislation has changed so that for claimants over 80 the assessed income period will be reset indefinitely.

For new Pension Credit claimants who are over 75, they will also be given an indefinite assessed income period in most cases.

Pension Credit line is:
0800 99 1234

Mid Surrey Alzheimer's Society

The following is an article submitted by the Mid Surrey and Dorking Alzheimer's Society advertising their new venture.



**On 18th June 2009, the Mid Surrey and Dorking Alzheimer's Society opens the doors to its first Alzheimer Café
In the
Methodist Church in Ashley Road, Epsom**

The first Alzheimer Café was set up in 1997 in the Netherlands by Dr. Bere Miesen, a psychologist specializing in dementia care. The model has been hugely successful all over the world in bringing people with dementia, their families and professionals together.

So what is an Alzheimer Café? As the name suggest, it offers a relaxing social environment and an opportunity for people to meet and share experiences, but it is more than just that.

The Alzheimer Café is a monthly gathering where people in the early stages of dementia and their families can be together in a safe, welcoming environment in the company of other families, volunteers and health and social care professionals, for the purpose of emotional support and education. Specific themes are covered each year which relate to the emotional aspects of living with dementia.

The cafe opens on the third Thursday of every month (except August) between 6-8pm. It is held at the Methodist Church in Epsom town centre and is easily reached by bus or train. There are several car parks within easy walking distance.

Everyone is welcome, just go along and enjoy the friendly atmosphere.

For more information please contact the Mid Surrey and Dorking Alzheimer Society on
01372 729988

The Ebbisham Association Change of name To THE SUNNYBANK TRUST

The Sunnybank Trust is an Epsom based charity, focusing on improving the quality of life and supporting adults with a lifelong and irreversible learning disability.

Epsom once had the largest cluster of mental hospitals in Europe. They have now been closed down and those adults relocated, many needing 24 hour care in specialist purpose run community homes or supported living accommodation in and around the county.

A significant number of them now have no living relatives or friends, resulting in a limited quality of life, being entirely reliant upon the care home staff. With the NHS Closure of Community Homes Programme, there is great concern for those persons with learning disabilities who lack basic understanding. One consequence is that their own friendships, built over many years, are being severed. Many lack the capacity to understand what is happening, let alone how to deal with it.

The Sunnybank Trust supports these vulnerable people throughout the year. They provide services with a number of activities:

Kites Weekly social club, which includes handicrafts, games, drama, dance and music.

Lay Advocates Programme this programme supports, befriends and advocates for people with a learning disability who are moved out of the NHS homes into independent accommodation.

Friends Programme takes several forms and is provided through being a personal friend and regularly visiting the client, helping with shopping, going on outings etc.

This charity relies on voluntary workers and donations to run their organisation.

Contact Details:


Anna-Rosa Regan 078884 255263

Email:

annarosaregan@sunnybanktrust.org

Sheila Moran 07827 014228
 Email:
sheilamoran@sunnybanktrust.org

CAR MECHANIC



**DAVID ROWLEY OF
VOLKS AUTOS IN SUTTON**

07841 432950

**Reasonable rates and
Collection Service Available**

**Discount offered to Carers
who are members of Carers of
Epsom**

GO50

The GO50 project aims to introduce people over the age of 50 to the benefits of regular exercise and healthier lifestyles.

GO50 organises a year round programme of free activities including countryside walks, off-road cycling, Nordic walks and health walks.

There are 2 – 3 led walks and 2 – 3 led cycle rides throughout Surrey every week.

There is no need to book and there is no commitment required, just turn up and there will be someone there to meet you and lead the way.

For further information, please contact Jenn Rusby at Age Concern Surrey on 01483 534706 or at jennr@acsurrey.org.uk

Interesting Facts Submitted by Piers Bentall

MS Society Newsletter

A cat has 32 muscles in each ear

A goldfish has a memory span of three seconds

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

An ostrich's eye is bigger than its brain.

There are more chickens than people in the world.

Leonardo Da Vinci invented the scissors

The winter of 1932 was so cold that Niagara Falls froze completely solid.

Rubber bands last longer when refrigerated.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

Peanuts are one of the ingredients of dynamite.

A 'jiffy' is an actual unit of time for 1/100th of a second.

The Month of June

**Gemstone - Pearl
Flower - Red Rose**

June marks the beginning of Summer in the northern hemisphere and takes

its name from the Roman goddess Junno, the goddess of marriage.

The longest day of the year is 21st or 22nd June. It is the day when the sun is at its most northerly point and this is why it is 'the longest day'.

Midsummer's Day - 24th June

The middle of summer comes after the longest day and it used to be a time associated with witches, magic, fairies and dancing.

On the eve of Midsummer's Day many bonfires used to be burnt all over the country. This was in praise of the sun. As the days were getting shorter and the sun appeared to be getting weaker, so people would light fires to try and strengthen the sun.

June Anniversaries

2nd June 1953 - Coronation of Queen Elizabeth II

6th June - D Day in 1944, when the coast of France was invaded by the Allies in the Second World War.

8th June - World Oceans Day

10th June 1829 - First Oxford v Cambridge boat race. Oxford won.

12th June 1929 - Anne Frank was given her diary on her 13th birthday. It was first published in 1947.

12th June - The Queen's Official Birthday

15th June 1215 - King John signed the Magna Carta.

18th June 1815 - Police force formed by Robert Peel in London.

6

20th June - Feast of St. Alban. The first British martyr.

21st June - Longest Day

24th June - Feast of St. John the Baptist. This is unusual in the Christian calendar as it commemorates his birth and not his martyrdom/death.

28th June 1834 - Coronation of Queen Victoria.



Support Meetings

Unfortunately we are unable to spare a Carers Support Worker to facilitate separate meetings for former carers at present, but Former Carers are welcome to join Carers at their monthly lunch meeting.

Moving On

If you are thinking of finding new activities to fill any extra spare time you may have, we have a list in the office of numerous local clubs and societies which may appeal to you.

Alternatively many local organisations are looking for volunteers. For more information on volunteering contact the Epsom Volunteers Centre, The Town Hall, The Parade, Epsom KT18 5AG.

Telephone 01372 740394

Mon-Fri 10.00am-1pm